



Foods! What and Where to Buy—How to Cook and Serve



Kippered Salmon Makes a Dish Well Worth Your Getting Acquainted With

By LENO GRIMMEL
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What is that red looking fish? asked a woman on the check as she stood before the showcase of戏曲 meat and fish.

"Kippered salmon," he told her. "Ever taste any—the best cured fish."

"How do you prepare it—I never heard of kippered salmon before."

The cook in trim mattock told him the man could stand it that it was already ripe—then that it was cooked. In smoke and that "the time to eat just this way, etc."

After she had gone, I asked him if he found many people who did not know of kippered salmon. To

me the only one of the most delicious foods—it's a treat in our house whenever it can be had; it has been within recent years that we have known of it.

It seems to be new to so many in this section of the country," he said. "Up north and west, where I have lived, kippered salmon is a big seller, but down here the Jewish people buy the bulk of our shipments. I can see through an increasing traffic in our shipping docks—we sell it in cans. Every day we have kippered salmon and will be interested in its preparation or its 'kippering' salmon, as is generally known, is a juicy or fat fish. The fat is distributed in and through the flesh, which makes a very juicy meat. This fish is first cured in salt, then hung in smoke until thoroughly cooked and cured—the smoking process is very rapid—the smoke heat is hot enough to sear the outside surface sealing in all the juice and flavor. The smoking turns the meat a very pretty red, while the flavor—that of smoke and salt, with the natural

flavor of the salmon, is more than delicious."

Watch those Hawaiian items concerning it, however, kippered salmon must be freshly cured to good and be freshly cured to mean that day—or not more than 24 hours after curing, and in that time well preserved from the air and in a cool place. It dries out very quickly, so, if in a warm, damp place the moisture will increase. Then the good flavor is gone. When fresh, it is the curing salts, the fat, almost drives from the meat so it's pulled apart. It is then the best. But if moist at all, it is good. While it is sometimes sold after it is quite dry, has nothing of the flavor of the freshly cured fish.

It usually comes in chunks or slices, weighing from $\frac{1}{2}$ pound to $\frac{1}{4}$ pounds. The price varies, have bought it as low as 40 cents a pound and as high as \$1.00 a pound, the fat of it, that being high, yet it is rich in flavor, a pound goes farther in a meal than three pounds of the fresh salmon.

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a pot of coffee. While these are taking out the pepper in strips, add buttered toast, kippered salmon and coffee with this green pepper as the relish, makes a keen lunch, I can tell you."

This combination is good—I can testify—provided your taste runs that way.

If the fish seems the least bit dry, spread a thin coating of butter over the fish and cover it with a piece of fresh bread. Then add to this that there is a heavy, tough skin on one side and slip under the border to heat through and brown. Add the nutmeg to the top of each serving. The nutmeg is not necessary to good flavor but to many creamed dishes adds a richness of flavor that is much liked.

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Blend flour, lemon juice and butter over hot water. Add milk and blend with the above. Add to this

1 cup heavy canned tomato soup, Blend butter and flour, add the sandwich.

Kippered Salmon in Tomato Sauce.

2 tablespoons butter, 1 tablespoon flour,

1 cup heavy canned tomato soup,

Blend butter and flour, add the

tomato soup and cook several minutes. Add the shredded kippered salmon. Strained tomato juice may be used in place of canned soup.

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218 to 228—The Big Store on East First Street

We will give away tonight at 9 o'clock, 15 prizes to the persons holding the proper numbers on the following prizes:

First Prize—\$25 Men's Suit of Clothes.	Fourth Prize—1 side of Wilson's Certified Bacon.
Second Prize—\$5 Rocker.	Fifth Prize—1 side of Wilson's Certified Bacon.
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Seventh, and up to ninth prize, each, a 24-lb. sack White Goose Flour.	Tenth and on up to the fifteenth prize, each—1-lb. 10-oz. \$1.75 box Loosse-Wiles Biscuit Co. Candy.

We will give one ticket with each and every purchase made in any department of our store all of this week; good on the above prizes. You just have to walk a block farther, and you can buy for less, and still be advancing of this offer. Ask the clerk for a ticket if he fails to give you one when you make your purchase.

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1 lb. Monarch Coffee.....	37c	Sausage, per lb.....	10c
3-lb. can Monarch Coffee.....	98c	Veal Chops, per lb.....	17c
1 quart jar Jelly.....	58c	Round Steak, per lb.....	17c
20c size glass of Jelly.....	12½c	Loin Steak, per lb.....	17c
1 dozen cans Tomatoes.....	\$1.50	T-Bone Steak, per lb.....	17c
1 doz. tall cans Beef Roast, Nyko Milk.....	\$1.10	Veal Roast, per lb.....	12½c
Compound.....	12½c	Bacon, whole or half, per lb.....	21c
Boiling Beef, per lb.....	10c		

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Pork shoulder roast, per lb.....

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Good smoked bacon, per lb.....

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Light breakfast bacon, half or whole, lb.....

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